

JULY 2025

Family Newsletter



The Founding Fathers!: Those Horse-Ridin', Fiddle-Playin', Book-Readin', Gun-Totin' Gentleman Who Started America
by Jonah Winter

What is the Declaration of Independence?
by Michael C. Harris

The Fourth of July Story
by Alice Dalgliesh

If You Were a Kid During the Americal Revolutions
by Wil Mara

What Was the Boston Tea Party?
by Judy Hawes

The Little Book of Government
by Lance Douglas

You Wouldn't Want to Be at the Boston Tea Party
by Peter Cook

Can't You Make Them Behave, King George?"
by Eric Carle



REMINDER

We are closed on Friday, July 4th for Independence Day!

SOAKING IN SUMMER!

SUMMER IS IN FULL SWING—and whether you're soaking up sunshine at the park, chasing bubbles in the backyard, or heading off on a family adventure, we hope this season brings plenty of laughter, relaxation, and memory-making moments.

The Fourth of July just around the corner, it's a great opportunity to share a bit of history with your children.

- The Declaration of Independence was signed in Philadelphia, Pennsylvania, inside a building now called Independence Hall.
- Thomas Jefferson was the main writer of the Declaration.
- 56 men signed the Declaration of Independence. The most famous signature belongs to John Hancock.
- The 13 colonies were the first U.S. states. They included: Connecticut, Delaware, Georgia, Maryland, Massachusetts, New Hampshire, New Jersey, New York, North Carolina, Pennsylvania, Rhode Island, South Carolina, Virginia.



Wishing you sunshine, smiles, and all the popsicles you can eat!



Why do bananas use sunscreen in the summer?
(Answer on page 2)







Screen Time and Young Children: Finding the Right Balance


Technology is a big part of our daily lives, and screen time has become a regular part of childhood, too. While it helps kids become tech-savvy, too much of it can affect sleep, fitness, and family time.


The American Academy of Pediatrics (AAP) advises against any screen time at all for children under the age of 2 and children aged 2 to 12 the AAP recommends limiting screen time (tablet time, watching TV, video games, etc.) to one to two hours daily.


We know that sticking to screen time limits isn't always easy, so on the days when it does feel doable, here are a few fun and simple screen-free activities to try:

 **Explore Books:** Children of all ages will benefit from exploring books! Even babies love soft or textured books. Older kids can enjoy storytime or read aloud to the family.

 **"Minute to Win It" Games:** These quick and silly games use items you already have at home and are great for family fun! Stack plastic cups into a tower, transfer dry pasta using a piece of uncooked spaghetti held in your mouth, or invent your own challenge!

 **Help Around the House:** Children can also be kept busy by helping with age-appropriate housework! Let kids help with simple chores—stirring, folding towels, or plating food. It builds skills and confidence.

 **Exercise Challenges:** Ask your child to predict how many of a specific exercise (e.g. jumping jacks) they can do and then put themselves to the test!

 **Scavenger Hunts:** Give children a list of open-ended descriptions of items they need to find around the house! For example, "find something red or soft." This requires children to think critically and use their visual discrimination skills.

Fourth of July Smush Paint

This colorful craft is a sensory treat—and totally mess-free!

Here's how to do it:

1. Take a piece of cardstock and add small dots of red, white, and blue paint all over. You can make fun patterns like lines, bursts (like fireworks!), or keep it totally random.
2. Carefully slide the painted cardstock into a gallon-sized zip-top bag.
3. Seal the bag almost all the way. Use a straw to gently suck out any extra air—try not to squish the paint too much while you do it!
4. Seal it completely and let the fun begin! Kids can squish, swirl, and spread the paint around from outside the bag using their fingers—no mess, just magic.



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Perfect for celebrating the 4th of July or any red, white, and blue day!

Ice Cube Treasure Hunt

Drop small toys (like plastic animals or buttons) into an ice cube tray, fill with water, and freeze. Once frozen, pop them out onto a tray and let toddlers "rescue" the treasures using warm water, spoons, or their hands.

It's a cool sensory adventure for a hot summer day!



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